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\i]b Good Life
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\i \ul flow}}, felt by individuals when optimally engaged with their primary
activities, is the study of the Good Life, or the "life of engagement". Flow is
experienced when there is a positive match between a person's strength and their
current task, i.e., when one feels confident of accomplishing a chosen or
assigned task.\
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\i\b Meaningful Life
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\b0 inquiry into the {\field{*\fldinst{HYPERLINK
"https://en.wikipedia.org/wiki/Meaningful_Life"}}{\fldrslt \ul Meaningful
Life}}, or "life of affiliation", questions how individuals derive a positive
sense of well-being, belonging, meaning, and purpose from being part of and
contributing back to something larger and more permanent than themselves (e.g.,
nature, social groups, organizations, movements, traditions, belief systems).\
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PERMA}}: Positive Emotions, Engagement, Relationships, Meaning and purpose, and
Accomplishments.}